

Pleasant Hill General PE Syllabus

Instructor: Mr. Roberts

Email: jroberts@pleasanthill.k12.or.us

Website: Captainproportion.weebly.com

This course is designed to educate and inform the student on a variety of motor skills, physical and recreational activities, and apply movement concepts that they will be able to continue to live a healthy, active lifestyle.

Six Grade-Level Expected Outcomes

- **Standard 1.** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2.** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3.** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4.** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5.** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Class Requirements: The following items account for the P.E. grade.

1. **Dressing down:** Students are required to dress down for class. Appropriate P.E. clothing includes:
 - a. Shoes appropriate for P.E. (Shoes must be closed toed, and will not damage the gym floor.)
*All school rules will apply to the dress code.
2. **Being on time:** Students must be in designated area at these times or will result in a tardy.
3. Fully **participating** in **warm-up** activities of the day.
4. Fully **participating** in the **activity** of the day.
5. Students will **remain in the gym** until the end of the period.

Grading: At Pleasant Hill we grade on an A-F system.

Grade Scale

- | | |
|---|-------------|
| • Students will receive 10 points a day. | 90-100% = A |
| Grades are based on effort not skill | 80-89% = B |
| • No Shoes (-5) | 70-79% = C |
| • No Participation (-10) | 60-69% = D |
| • Tardy (-2) | 59%> = F |
| • Behavior Problems (-1 to -10) | |
| • Absences (see below for more details): -10 points | |

Pleasant Hill General PE Syllabus

****Class attendance is very important in determining your grade in P.E. class. ****

1. If a student is unable to participate, a parental note will be required to excuse them from participating. If the student is not feeling well, they are to dress down and participate to the best of their ability. Communication is key!
2. Excessive absence due to prolonged illness or due to a doctor's note will be treated as a special case, and student, teacher and parent will decide upon action.
3. Field trips, athletic events, and other school related activities do not count as an absence and will not require make-up to be done for activity missed.

Make-Ups: A student may make up an excused absence only. One hour of physical activity outside of class is required to make up for one class period. Students will journal the activity and have a guardian sign off on it. School sponsored sports *may not* be used for make-up activities.

Personal Hygiene: Students are encouraged to practice good hygiene. Clothing should be laundered weekly. Students should apply deodorant or antiperspirant. *Chronic non-dressers and or non-participants will be dealt with through the counseling office and may result in removal from the class.



Pleasant Hill School District

****Return this portion for 10 Points****

Pleasant Hill High School P.E. Agreement:

I, _____, agree to all of the above regulations for my P.E. class at Pleasant Hill High School. I will disclose any medical conditions to my teacher. I will have a positive attitude, try new activities and foster good sportsmanship throughout the school year. If I choose not to obey these rules, I will follow the consequences.

(Date)

(Student)

(Date)

(Parent/Guardian)